



DEPARTMENT OF THE NAVY  
NAVAL RESERVE READINESS COMMAND NORTHWEST  
2000 WEST MARINE VIEW DR, BLDG 2102  
EVERETT, WA 98207-2600

Canc: Nov 02

NAVRESREDCOMNWNNOTE 6110  
N41  
6 Jun 02

NAVRESREDCOM NORTHWEST NOTICE 6110

Subj: FALL FISCAL YEAR 2002 PHYSICAL FITNESS ASSESSMENT (PFA)

Ref: (a) OPNAVINST 6110.1F

1. Purpose. To promulgate and announce the Fall Fiscal Year 2002 NAVRESREDCOM Northwest Physical Fitness Assessment (PFA).

2. General

a. Reference (a) requires the designation of two official PFAs each fiscal year. These are used to measure an individual's compliance with Navy physical readiness standards and determine an individual's eligibility for promotion, advancement, and special programs. The official PFA is also reported on the individual's evaluation or fitness report.

b. The risk factor screening, height/weight measurements, and PFA will be conducted for Full Time Staff (FTS) and Part Time Staff (PTS) on the dates indicated below. Exceptions will be on a case-by-case basis and must be approved by the Deputy Commander (N00B).

(1) Risk Factor Screening - 12 July 2002 (FTS)  
- July 2002 (PTS)

(2) Height/Weight Measurements - 1 October 2002 (FTS)  
- 5 October 2002 (PTS)

(3) Physical Fitness Assessment (Primary) - 6 October  
2002

(4) Physical Fitness Assessment (Make-up) - as needed

3. Action

a. Each individual is responsible for being at the appropriate location at the specified time to complete the risk factor screening (and any required medical screening), height/weight measurement and the PFA.

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b. Department Heads will ensure their personnel comply with the contents of this directive and reference (a), and that any requests for deviation from the stated schedule are promptly investigated and forwarded.



D. M. PERDUE  
Deputy

Distribution: (NAVRESREDCOMNWINST 5216.1K)  
List A

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NAVRESREDCOM Northwest (N01A)